

## God So Among Us - Living Prayer

What does it mean to pray from your heart? How does one even begin to pray from the depths of your soul? It's a lot easier than you might think.

Praying is quite often very difficult, because prayer is not tangible, it's not something that you can see or hold. One way of praying that helps us to realize that our prayers are real, is to pray through journaling. Write your prayer down in a letter to God or find a place where you can speak your prayers out loud. Believing that our prayers are real is the first step to praying from heart.

Be honest with God, let Him have all of your emotions, thoughts, dreams, worries, joys and successes. Even if you are angry with God, tell Him, He can take it!

**"The Bible says that Moses spoke to God face to face, as a friend. This is how our prayer must be: free, insistent, with arguments. Even rebuking the Lord a little: 'You promised me this but you didn't do it...' , just like talking with a friend. Open your heart to this prayer." Pope Francis**

Lord, I don't know where to begin,  
It is said that prayer is a conversation with You,  
And I must admit that though I believe in the power of prayer,  
an unsatisfactory feeling lingers in my heart.  
I cannot see You, but still I must believe...  
I cannot hear You, but still I must have faith...  
I cannot hug You, but I must love You with all my heart...  
This gnawing feeling of unanswered prayers weighs heavily on my soul.  
I feel moments when You are so far away,  
And as of late the moments have become a routine part of life.  
I long for an escape from the burdens and worries of this life,  
If only but for a moment of peace,  
So that my soul might breathe.

Jesus, I know that You are listening and though I may not be able to hear You  
I know that Your love for me is stronger than mere words  
I know that I may not be able to recognize Your answer to this prayer,  
I know that You answer even the prayers I dare not speak.  
And now that I have surrendered my heart to You within this prayer  
All the burdens, frustrations, worries, joys, hopes, pains and weaknesses that  
abide in my heart, are now Yours.

I thank You, my dear Friend,  
For listening to my prayer, and though it seems imperfect and incomplete in my  
eyes, I know that because it was open and honest, given without hesitation or re-  
straint, that it is the most perfect prayer in Your eyes.

O great delight of my soul,  
May all my prayers be this authentic, humble and full of peace.

AMEN

